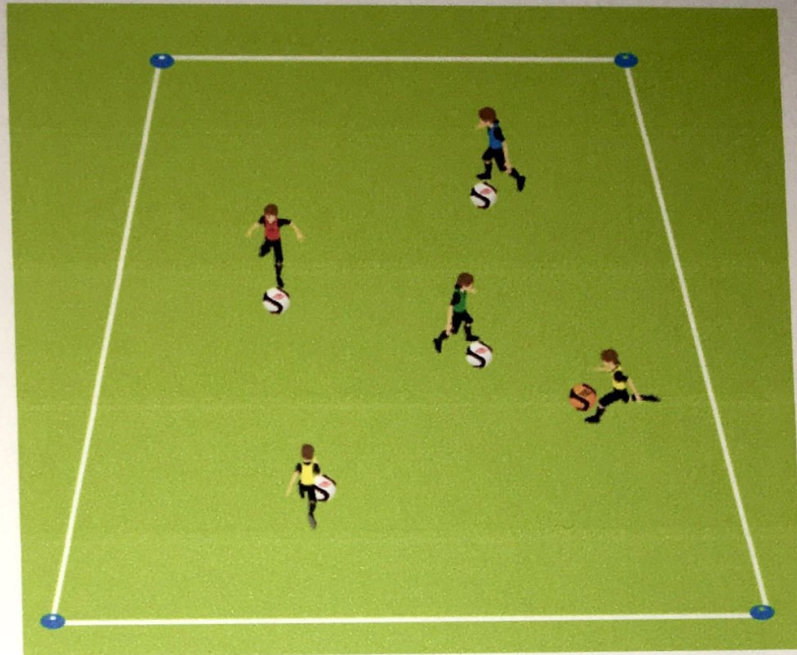


Week Eight – Warm Up

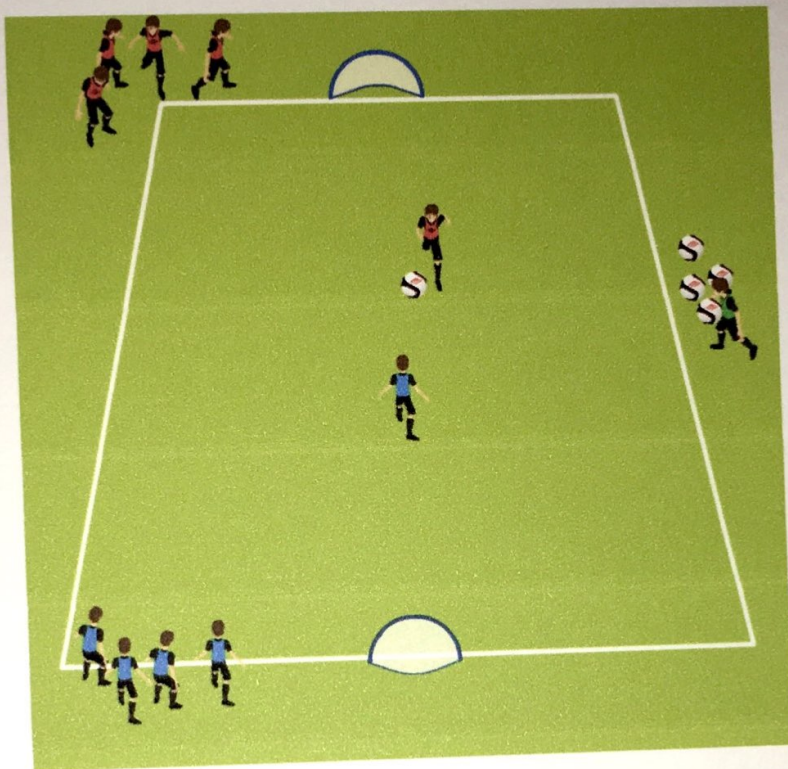
Dribbling Marbles



- OBJECTIVE:** Learning to dribble in tight spaces
- TIME:** 15 minutes
- GRID SIZE:** 20 yards (length) x 15 yards (width); vary size by age and ability
- EQUIPMENT:** 4 cones, one ball for each player
- ORGANIZATION:** Every player with a ball
- RULES:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- ACTIONS**
Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.
U9-U10 Ball Coordination
Review 1-6, 11 and introduce #12 Double Touch
U11 Ball Coordination
Review 1-6, 11 and 12
- COACHING POINTS:** Teach ● BALL MASTERY
- VARIATIONS**
Players must use right foot only, left foot only, must perform specific moves or combination of moves

Week Eight - Tech Game

1 v 1 Steal the Bacon to Goal



OBJECTIVE:

Improving ability to go past a defender; Combination Play (wall pass, takeovers, overlaps)

TIME:

15 minutes

GRID SIZE:

20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT:

6 small cones, 2 large cones, pinnies for 1/2 team, supply of balls

ORGANIZATION:

Team divided in half; one team attacking, the other defending

RULES:

Two players (attackers) play against one player (defender) to goal
Attacking team starts play by dribbling in to neutral zone.
Defending player can only take ball after the attackers have moved beyond the neutral zone. Next group of players begins when ball goes out of bounds, or defender gains possession

COACHING POINTS:

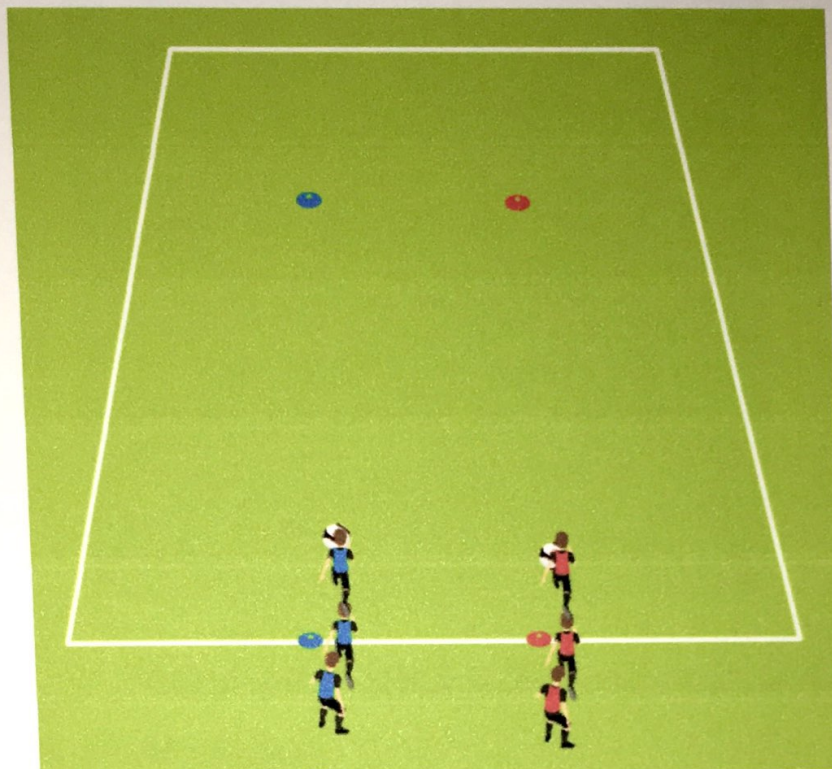
Get past the defender as quickly as possible, via dribble or pass.
Look for wall pass opportunities
Shoot on goal (low)

VARIATIONS

Add a goalkeeper to the defensive team
Add a 2nd defender to defensive team
When defending player wins ball, he dribbles off the field

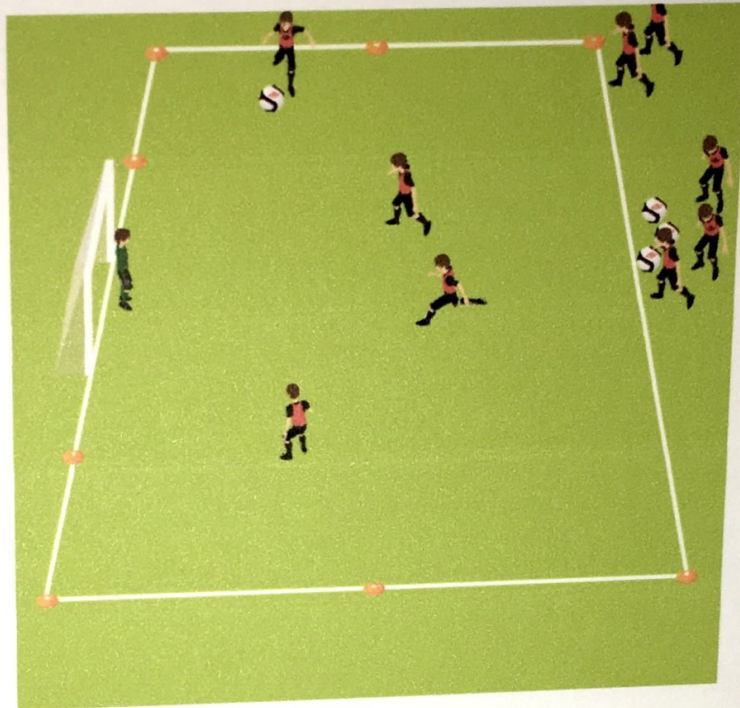
Week Eight – Fitness

Relay Races



OBJECTIVE:	Improving coordination, speed and agility
TIME:	12-15 minutes
GRID SIZE:	20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT:	Three cones and three balls for three teams (pinnies can be used to differentiate between the teams).
ORGANIZATION:	Divide into three teams
RULES:	1st runner must sprint around ball and back and touch next player to start.
COACHING POINTS:	Strong Effort
VARIATIONS	Run backwards Skip Jump over ball twice Somersault Start on stomach Start sitting

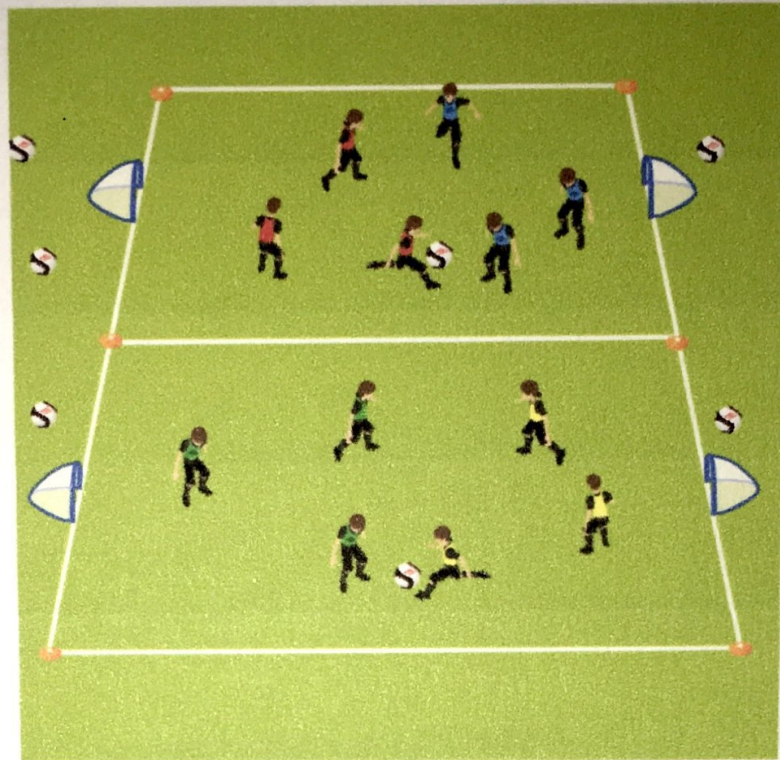
Week Eight – Technical/Tactical Finishing Touches



OBJECTIVE:	Finishing on goal from a cross, movement off the ball
TIME:	15 minutes
GRID SIZE:	30 yards (length x 60 yards (width)
EQUIPMENT:	8 small cones, 2 large cones, supply of balls
ORGANIZATION	3-4 players in wide channel to cross, 1 GK, groups of three to finish crosses.
RULES:	A (Trailer) passes ball wide to D (Crosser), B (near) and C (far) make runs into the box for the cross. A after pass, takes up position at the top of the penalty box. D receives pass, dribbles down wide channel and crosses ball into (A, B, or C). Rotate crossers to left side after 7 minutes
COACHING POINTS:	Pace of cross (on ground, in air if needed) Bending runs in front of goal (facing ball and goal) Timing of runs (arrive at near post at same time as cross) Finishing on goal
VARIATIONS	Add a defender that marks one of the runners, crosser must find and pass to open runner. Competition between Attackers and GK. Who can get to score of 10 first (Attackers must score, no more than 1 touch to finish) GK scores by making a clean save on cross or shot)

Week Eight – Final Game

3 v 3 tournament



OBJECTIVE:	Improving play with small sided games
TIME:	15 minutes
GRID SIZE:	3 grids side by side, 15 yards (length), 10 yards (width), goals 4 yards width
EQUIPMENT:	8 cones (for goals only) No sidelines, (sidelines can be added) 6 pinnies
ORGANIZATION:	Divide team into three's (four teams)
RULES:	Teams play 3 v 3 and rotate opposition every 4 minutes. Team with most wins tournament.
COACHING POINTS:	Decision making dribbling vs. passing Players dribbling with head up (vision) Combination Play (wall pass) Transition from attack to defense and defense to attack
VARIATIONS	Players rotate partners (individual score)